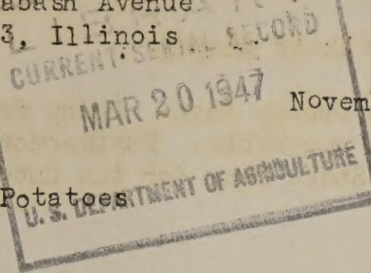


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UNITED STATES DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
5 South Wabash Avenue
Chicago 3, Illinois



November 1, 1945

Fact Sheet on Potatoes

Potatoes are still in the food picture, with plentiful supplies available in practically every part of the country, according to the Production and Marketing Administration of the U. S. Department of Agriculture. The principal problem is making use of the big crop. Full utilization of these spuds should be made in the home, in retail outlets, restaurants, hotels, and other eating places.

The crop of high quality "late" potatoes now being marketed brings the total potato crop for the country to a little over 435 million bushels. This is about 15 percent more than the 10-year (1934-43) average, and is the second largest crop on record.

The U. S. Department of Agriculture has stepped into the picture. It operated direct purchase programs on "early" and "intermediate" potatoes, and is supporting prices for the "late" crop with Commodity Credit Corporation loans to producers who put their "late" potatoes into suitable storage. Purchased potatoes have been diverted to the school lunch program, to direct distribution, to institutions, starch factories, dehydrating plants, alcohol distillers, and even glucose manufacturers.

Consumers should take advantage of the "harvest" sales on potatoes that so many retail food stores are running. Potatoes are a good bet for home storage at the reasonable prices asked. "Late" potatoes have fairly thick skins that adapt them well to storage in a cool basement or utility room where the temperature is maintained between 40 degrees and 55 degrees F. Potatoes in storage, like other root crops, should not be permitted to freeze, nor subjected to frequent, or constant, high temperatures.

The good quality of this year's crop emphasizes again the food value of Irish potatoes, and the many ways this staple may be prepared for the table. Potatoes supply as much as one-fourth of the Vitamin C quota in the average diet...besides some of the B Vitamins, iron, and other important minerals and starch.

Culinary authorities state that there are more than 200 ways in which to prepare potatoes. A dozen and a half popular recipes appear in a handy little folder prepared by the Bureau of Human Nutrition and Home Economics and distributed through Washington and area offices of USDA's Production and Marketing Administration. These recipes include the old favorites like boiled potatoes, baked potatoes, fried potatoes, and others, and include such delightful taste sensations as potato crust, potato puff, and potato griddle scones.

USDA tips suggest that the best potatoes are firm and clean, have shallow eyes, and no cuts, decay, or green spots. Good potatoes for mashing or baking are the mealy, flaky varieties; for salads, creaming, and the like, the firm,

waxy kinds that hold their shape.

Potatoes are a cheap energy food. Penny for penny, they have more energy-giving value than any other vegetable. Furthermore, they fit into any meal--breakfast, dinner, or supper. Store them for the future, and eat them often.

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